



## Cinco de Mayo Celebration May 6

Join us at Rainbow Center at the Canteen, 800 Livingston Avenue (Fairgrounds), Bay City, as we celebrate Cinco de Mayo on Thursday, May 6. The fun starts at 10:00 a.m. with snacks and entertainment and lunch at noon. The menu is Southwest lasagna, corn, tossed salad, multi-grain roll, fresh fruit, country apple dessert, punch, milk, and coffee. Reservations are due by noon on Wednesday, May 5. Call the Site Manager at 892-6605 to reserve your meal. There is a suggested donation of \$2.50 for lunch for those age 60 and older, and the guest fee is \$4.75 for those under age 60.



## Depression and Medical Conditions

There will be two presentations on Depression & Medical Conditions by Cori Denay, LMSW, and Sandra Osowski, LMSW.

Monday, May 10, at 11:15 a.m.  
Riverside Friendship Center  
Wednesday, May 12, at 4:15 p.m.  
Hampton Happy Hearts

See Pages 14-15 for more details. If you would like to stay for a meal, please contact the Site Manager at least 24 hours in advance. See Pages 4-5 for addresses and telephone numbers.

## Country & Southern Gospel Music at Williams Senior Center Tuesday, May 11

On Tuesday, May 11, at 10:45 a.m., Williams Senior Center, 1080 West Midland Road, Auburn, will bring you country and southern gospel music with "Rally" featuring Randy Capen and Larry Randall, sponsored by Law Arbor of Gleaners #352. If you would like to stay for lunch at noon, call Mary at 662-6521 at least 24 hours in advance. You may choose the hot meal, the salad of the week, or the sandwich of the week. There is a suggested donation of \$2.50 for lunch for those age 60 and older, and the guest fee is \$4.75 for those under age 60.

## Third Annual Café Night at Hampton PM

Enjoy your day when you walk into your favorite café and enjoy a relaxing café atmosphere. Our 3<sup>rd</sup> Annual Café Night will be Fri., May 14, from 2:00 p.m. to 6:00 p.m.



As your afternoon turns into evening, enjoy a cool and tasty root beer float. Call Sandi at 895-5968 for more information and meal reservations.

**Bay County Division on Aging Office and Dining Centers will be closed on Monday, May 31, 2010, for Memorial Day.**

## DINING CENTER

❖**Kawkawlin Senior Dining Center** - Join us for root beer floats after lunch on Wednesday, May 19. Call Velda at least 24 hours in advance at 686-5127 for lunch reservations. Suggested donation is \$2.50.

❖**Rainbow Center at the Canteen** - Celebrate Cinco de Mayo on Thursday, May 6, at 10:00 a.m. Celebrate National Blueberry Cheesecake Day on Wednesday, May 26, at noon. Call Anjelica at 892-6605 for lunch reservations.



❖**Riverside Friendship Center** - Acrylic painting classes with Steve Wood continue Monday, May 3, with a painting entitled "What's Left of the Nelsons' Place." Our Mother's Day Dinner Party will be Thursday, May 6, beginning at 10:15 a.m. Come and join us as we listen to the wonderful close harmony of the Sweet Adelines at 10:45 a.m. We will also have some special snacks and some drawings at noon. Call Sandy at 893-7070 for more information or for lunch reservations.

❖**Williams Senior Dining Center** - Join us for Country and Southern Gospel music with "Rally" featuring Randy Capen and Larry Randall, sponsored by Law Arbor of Gleaners #352, on Tuesday, May 11, at 10:45 a.m. Meet members of Timbertown Dollology Club of Saginaw on Thursday, May 20, at 10:15 a.m., for Bring Your Doll to Lunch Day. Call Mary at 662-6521 for lunch reservations.



## HIGHLIGHTS

❖**Hampton A.M.** - Join us on Thurs, May 6, at 11:30 a.m. as we honor the women in our lives with a Mother's Day Party. Each lady will receive a gift. Tuesday, May 11, at 12:30 p.m. is Apple Pie Day; bring a friend for a sweet treat. Our Memorial Day Party is Thursday, May 27, at 11:30 a.m. with snacks, treats, and fun. Call Susan at least 24 hours in advance at 895-5968 for lunch reservations.



❖**Hampton P.M.** - Wed., May 5, is Pet Day; bring in pictures of your pets. Our Mother's Day Tribute will be Friday, May 7; all of our ladies will be honored with a special program, special treats, and a special gift. Monday, May 10, is Eat What You Want Day with healthy treats you can enjoy all afternoon. On Wednesday, May 12, at 4:15 p.m., Cori Denay, LMSW, and Sandra Osowski, LMSW, will give a talk on Depression and Medical Conditions (see Pages 14-15). Enjoy music and dancing with the Variety Tones from 2:00 p.m. to 5:00 p.m. Thursdays, May 13 and May 27. Friday, May 14, is our 3<sup>rd</sup> Annual Café Night. Enjoy your day when you walk into your favorite café and enjoy a relaxing café atmosphere. As your afternoon turns into evening, enjoy a cool and tasty root beer float. Thursday, May 20, is Fudge-in-a-Bag Day; let's make fudge in a bag and enjoy a sweet treat. Friday, May 21, is Police Officers' and Firefighters' Day to recognize and honor those who protect us. Call Sandi at 895-5968 for meal reservations. Suggested donation is \$2.50.



- Appetite and/or weight changes
- Thoughts of death or suicide or suicide attempts
- Restlessness, irritability

If five or more of these symptoms are present every day for at least two weeks and interfere with routine daily activities, such as work, self-care, and childcare, or social life, seek an evaluation for depression.

### Thanks to Messiah Lutheran Church Youth Group

Once again, we send out a special "Thank You" to the youth of Messiah Lutheran Church in Bay City. These young people designated their collections earlier this year to benefit the Bay County Division on Aging Home Delivered Meals program. Home Delivered Meals are now delivered four days per week instead of five, due to grant and local fund reductions. Their donation of \$455.29 helps stretch our budget to reach needy homebound seniors in our County. Thank you to these special young people and the donors who supported them for their caring contribution.

# Memorial Day



### Recipe Corner



#### Easy Spinach Corn Muffins

10 oz. pkg. frozen chopped spinach  
Two 5.7 oz. boxes fat-free corn muffin mix

Microwave spinach per package directions. Drain off any excess water. Meantime, prepare corn muffin mix (both boxes) per package directions. Stir cooked spinach into muffin batter. Divide batter into a 12-cup muffin tin sprayed with nonstick spray. Bake per package directions, until a toothpick comes out clean. A few extra minutes of baking may be necessary.

*Submitted by Dorothy Sadlak*

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[www.baycounty-mi.gov/Aging](http://www.baycounty-mi.gov/Aging)



Donations Accepted

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County Executive

Division on Aging - Publisher  
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**Depression & Medical Conditions**

Depression greatly diminishes a person’s quality of life. Health conditions such as heart disease, stroke, and diabetes predispose an individual to depression. Depression is a medical condition which can be managed and treated so that a person’s quality of life can be improved.

Heart disease affects an estimated 12.2 million American men and women and is the leading cause of death in the United States. While about 1 in 20 American adults experiences major depression in a given year, the number goes to about 1 in 3 for people who have survived a heart attack.



Several studies suggest that diabetes doubles the risk of depression compared to those without the disorder. The chances of becoming depressed increase as diabetes complications worsen.

Of 600,000 American men and women who experience a first or recurrent stroke each year, an estimated 10-27% experience major depression. An additional 15-40% experience some symptoms of depression within two months following a stroke.

It is estimated that as many as half of people with Parkinson’s may suffer from depression. Symptoms of depression may overlap with those of Parkinson’s and other physical illnesses.

Research and clinical findings reveal that, while both men and women can develop the standard symptoms of depression, they often experience depression differently and may have different ways of coping. Men may be more willing to report fatigue, irritability, loss of interest in work or hobbies, and sleep disturbances rather than feelings of sadness, worthlessness, and excessive guilt.



Although available therapies alleviate symptoms in over 80% of those treated, less than half of the people with depression get the help they need.

Talk to your family doctor or call Division on Aging if you have questions or concerns about depression.

**Symptoms of Depression**

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping

(continued on next page)

**Kawkawlin Looking for Card Players**

Kawkawlin Senior Center, 1800 East Parish Road, Kawkawlin, is looking for more seniors interested in playing euchre and/or smear. Kawkawlin is open Wednesdays and Thursdays from 9:00 a.m. to 12:30 p.m. To make meal reservations or if you need transportation, call Velda at least 24 hours in advance at 686-5127. Northern friends, southern friends, everyone welcome!

**Acrylic Painting Class**

On Monday, May 3, award-winning television artist Steve Wood provides step-by-step methods for acrylic landscape painting. The painting this month is entitled “What’s Left of the Nelsons’ Place.” The package is \$20.50, which includes instruction, materials, and \$2.50 suggested donation for lunch. Class will be held at Riverside Friendship Center, 800 J.F. Kennedy Drive, Bay City. Registration and payment for the art class may be made directly at Riverside Friendship Center. For more information, call Sandy at 893-7070.

**Music & Dancing Provided at Hampton**

The Variety Tones provide fantastic music every second and fourth Thursday of the month at Hampton Senior Center, 801 West Center Road, Essexville, from 2:30 p.m. to 5:00 p.m. Request your favorite song; sing along and dance; or just sit back, relax, and enjoy the tunes! Following



an afternoon of listening to great music and dancing, a delicious meal will be served. For dinner reservations, please call Sandi at 895-5968 Monday through Friday from 2:00 p.m. to 6:00 p.m. Suggested donation for dinner is \$2.50.

**Bring Your Doll to Lunch Day at Williams**

On Thursday, May 20, at 10:15 a.m., Williams Senior Center, 1080 West Midland Road, Auburn, is offering a chance for “show and tell.” The Timbertown Dology Club of Saginaw is presenting Bring Your Doll to Lunch Day. If you would like to stay for lunch at noon, call Mary at 662-6521 at least 24 hours in advance. You may choose the hot meal, the salad of the week, or the sandwich of the week. There is a suggested donation of \$2.50 for lunch for those age 60 and older, and the guest fee is \$4.75 for those under age 60.



**Bay County Olympic Games Coming Soon**

Final plans are under way for the various events for Bay County Olympic Games, which will culminate in an awards ceremony and banquet on June 11. Past participants are on the mailing list. For those of you who are just becoming eligible to participate (age 55 or older) and would like to receive an application in the mail, you may call Debbie Keyes at 893-5834 to add your name and address to the mailing list. Application forms for the 2010 Olympics will be available in early May and registration and payment will be due before the Kick-Off Breakfast on May 26.



MAY 2010

## DINING CENTER PROGRAMS

MAY 2010

<b>Kawkawlin Senior Center</b>	<b>Telephone: 686-5127</b>
<b>1800 East Parish Road</b>	<b>Wednesday and Thursday, 9:00 a.m. to 12:30 p.m.</b>
<b>Kawkawlin, MI 48631</b>	<b>Site Manager: Velda Kowalsky</b>
Wednesdays	- Bingo at 9:45 a.m. (25¢ per board)
Wednesdays & Thursdays	- Smear Club at 9:00 a.m.
Wednesday, May 5	- Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.
Wednesday, May 19	- Join us for root beer floats after lunch

<b>Riverside Friendship Center</b>	<b>Telephone: 893-7070</b>
<b>800 J. F. Kennedy Drive</b>	<b>Monday through Friday, 9:00 a.m. to 2:00 p.m.</b>
<b>Bay City 48706</b>	<b>Site Manager: Sandy Jozwiak</b>
Mondays	- Men's Smear, 9:30 a.m.; Zumba, 10:30 a.m.; Mixed Smear, 12:30 p.m.
Tuesdays	- Fitness for Life 8:30am or 10am; Knitting/Crocheting 9:30am; Cribbage 12:30pm
Wednesdays	- Euchre at 9:30 a.m. <b>**Transportation is available</b>
Thursdays	- Fitness for Life, 10:00 a.m.; Bingo, 10:15 a.m.; Shuffleboard, 12:30 p.m.
Fridays	- Bingo, 10:15 a.m.; Zumba, 10:30 a.m.; Pinochle Club, 12:30 p.m.
Monday, May 3	- Acrylic Painting Class with Steve Wood
Thursday, May 6	- Mother's Day Dinner Party w/Sweet Adelines at 10:15 am
Monday, May 10	- Depression and Medical Conditions at 11:15 a.m.
Tuesday, May 11	- Blood Pressure Clinic w/Jan Richards, R.N., at 11:00 a.m.
Wednesday, May 19	- Low Vision Support Group at 11:00 a.m.
Tuesday, May 25	- Birthdays and Anniversaries celebrated

<b>Williams Senior Center</b>	<b>Call 662-6521</b>
<b>1080 West Midland Road</b>	<b>Monday through Thursday, 9:00 a.m. to 1:00 p.m.</b>
<b>Auburn 48611</b>	<b>Site Manager: Mary Wilson</b>
Daily	- Indoor/Outdoor Walking, 9:30 a.m.-1:00 p.m.
Mondays and Wednesdays	- Bingo at 10:00 a.m.
Tuesdays and Thursdays	- Cards, games, and puzzles at 9:30 a.m.
Monday, May 3	- Blood Pressure Clinic w/RN Dorothy McPhillips, 10:00 am
Tuesday, May 11	- Country & Southern Gospel music w/"Rally" at 10:45 a.m.
Thursday, May 20	- Bring your Doll to Lunch Day at 10:15 a.m.
Thursday, May 27	- Celebrate May birthdays w/cake, flowers, and balloons

Hampton A.M.  
 Don & Kathy Doud  
 Ann Groulx  
 Shirley McDonald  
 Georgi & Bob Rivard  
 Ann Schoof  
 Sheila Schoof



Hampton P.M.  
 Ivor Alcorn  
 Bill Billmeier  
 Harlan & Leone Brashaw  
 Will Eichorn  
 Faye Guoan  
 Barb Gwizdala  
 Cherry Knapp  
 Mary Ann Knapp  
 Bob Martin  
 Frank Schreck  
 Bertha Spaulding  
 Marion Suppes  
 Len Wiechec

Kawkawlin Center  
 Helen Bond  
 Lil Deshaw  
 Vivian Grappin  
 Dave Harrell

Volunteers in Various Other Programs  
 Dick Arnold  
 Dick & Marie Balwinski  
 David Beckrow  
 Jim Berthiaume  
 Al Bilhimer  
 Michael Biskup  
 Treffley Bourcier  
 Peggy Burns  
 Elizabeth Campbell  
 Dallas Chinavare  
 Joyce Christian  
 Tom Cierzniewski  
 Shirley Cogan  
 Marty Colton  
 Paul Cote  
 Helen Cummings  
 Carey Davis  
 Betty Defrain  
 Barb & Paul Ferrante  
 Lorraine Fodo  
 Sharon Fogelsinger  
 Steve Fralick  
 Wilma Gallandt  
 Beverly Hayes  
 Casey Henderson  
 Ron Hornung  
 Joanne Hudson  
 Gary & Diana Ingersoll  
 Danny Irwin  
 Bob Jozwiak  
 Vern Julian  
 Roseann Karmol  
 Thomas Kato  
 Shirley Keenan  
 Wilma Kessler  
 Lance Krager  
 Pat Krzewinski  
 Kay Kube  
 Jim & Sandy Lamkin  
 Fred & Pat Laskey  
 Mel Lefevre  
 Tom Lenhart  
 Barb Lohr  
 Ray Luebs  
 Joe Luptowski  
 Bonnie MacDonald

Ken & Della Marotzke  
 Sandi Maxfield  
 Barb McCray  
 Joanne Meerdo  
 Donna Meylan  
 Pat Middleton  
 Gerald & Joyce Mitchell  
 Annette Moomey  
 Elenore Muller  
 Bill Musolf  
 Shirley Musser  
 Betty Navarre  
 Janet Pafford  
 Pat Palmer  
 Chet Pawloski  
 Fran Pudvan  
 Lois Reminder  
 Lorraine Rice  
 Susan Rivard  
 Pat Rogers  
 Angie Rouget  
 Janice Russell  
 Helen Schoenheit  
 Don Schultz  
 Jim & Lorri Schumacher  
 Louise Schwanke  
 Jim & Karen Shaler  
 Alba Shaw  
 Mona Spiekerman  
 Dorothy Stieve  
 Lee Stilwell  
 Barb Streeting  
 Kay Terrian  
 Larry Timm  
 Barbara Valead  
 Chyrl Weiss  
 Shukri Zazou  
 Russell Zimmerman  
 Kurt Zinger

Agency Volunteers  
 Rene Holcomb  
 Mary Beth Laisure  
 Cathy McFarland  
 Dinah Pomaville  
 Spring Valley  
 Golf Course Staff  
 Linda Vermeesch



WITH OUR THANKS

# THANKS TO OUR VOLUNTEERS!

## WE SALUTE YOU!

We salute our **volunteers** who share their time, energy, and talent with Division on Aging and the seniors we serve. **THANK YOU!!!** We take this opportunity to salute all of our volunteers publicly. This recognition is for all you do for us and the programs we administer. The names listed are the volunteers who have accumulated at least 24 hours of service last year (2009) with most giving many more hours. If you recognize a name and you have the honor of being in their company, be sure to help us extend a gracious and heartfelt "thank you."

### HONOR ROLL VOLUNTEERS

#### Senior Advisory Committee

Bob Anderson  
Alice Averett  
Leone Brashaw  
Victor Gansser  
Gena Gates  
Sandy Gromaski  
David Hunt  
John Schiattone  
Herb Schmidt  
Kathy Sutter

#### Williams Dining Center

Betty Beane  
Dian Behmlander  
Ron Hutton  
Virginia Lederer  
Frank Lukowski  
Fred Lytle  
Dorothy McPhillips  
Dorothy Sadlak  
Ruth Wollesen  
Joseph & Wanda Zsidi

#### Riverside Center

Bea Beecher  
Peggy Coles  
Sue DeGrace  
Judy Dishaw  
George Doan  
Marion Goik  
Art Kasemeyer  
Ray Kirchhofer  
Leroy Krueger  
Elaine LaBerge  
Josie LaBerge  
Sue Larson  
Bill Maxfield  
Kate Oswald  
John Pilkey  
Sy & Theresa Ratajczak  
Jan Richards  
Myrtle Rosekrans  
Veronica Rouse  
Eva Settle  
Cliff Turmell  
Brian Vermeesch  
Marcy Witucki

#### Rainbow Senior Center

Linda Hadd  
Kevin Lozo  
James Prahl  
Anita Santellano

#### Pinconning Dining Center

Betty LaPan  
Frieda Nutt

#### Bangor Dining Center

Barbara Hine  
Joyce Jacobs  
Jackie Korkus  
Robert Morrison



A TIME TO SAY,  
*"Thanks!"*

MAY 2010

DINING CENTER PROGRAMS

MAY 2010

**Rainbow Senior Center**  
**800 Livingston Avenue**  
**Bay City 48708**

**Telephone: 892-6605**

**Tues., Wed., and Thurs., 9:30 a.m. to 1:30 p.m.**

**Site Manager: Anjelica Rodriguez**

Wednesdays – Walking Club at 9:30 a.m.

Thursdays – Bingo at 10:30 a.m.

Thursday, May 6

- Cinco de Mayo celebration at 10:00 a.m.

Thursday, May 13

- Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am

Wednesday, May 26

- National Blueberry Cheesecake Day at noon

**Hampton Happy Hearts A.M.**  
**801 W. Center, Essexville**

**Telephone: 895-5968**

**Site Manager: Susan Howell**  
**Monday through Thursday, 10:00 a.m. to 2:00 p.m.**

Tuesday, May 4

- Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am

Thursday, May 20

- Birthday and Anniversary Day w/ice cream for everyone

Thursday, May 27

- Memorial Day Party at 11:30 a.m. with snacks, treats, fun

**Hampton Happy Hearts P.M.**

**Telephone: 895-5968**

**801 W. Center Road**  
**Essexville 48732**

**Monday through Friday, 2:00 p.m. to 6:00 p.m.**

**Site Manager: Sandi Fader**

Daily

- \*Cards, games, library, music, and fellowship, 2:00 p.m. to 6:00 p.m.

Thursdays

- Variety Tones - 2:30 p.m. to 5:00 p.m. - May 13 and May 27

Fridays

- Hampton P.M. seniors wear blue every Friday until all troops are home

May 3 through 7

- National Hug Week - Everyone needs/wants/enjoys hugs

Tuesday, May 4

- Blood Pressure Clinic w/Cathy Sujkowski, RN, at 4:15 pm

Wednesday, May 5

- Pet Day - Bring in pictures of your pets

Friday, May 7

- Mother's Day Tribute - Ladies honored w/program, treats

Monday, May 10

- Eat What You Want Day - Healthy treats you can enjoy

Wednesday, May 12

- Depression and Medical Conditions at 4:15 p.m.

Friday, May 14

- 3<sup>rd</sup> Annual Café Night-Root beer float at your favorite café

Monday, May 17

- Purple for Peace Day - Wear purple for peace today

Friday, May 21

- Police Officers' & Firefighters' Day - Recognize & honor

Thursday, May 27

- Birthday Celebrations at 5:00 p.m.

**\*You must be a site participant to enjoy these activities**

## 2010 Diamond Gem Winners

Division on Aging, in cooperation with United Way's Retired and Senior Volunteer Program (RSVP) and the Bay City Public Schools, is pleased to announce the 2010 winners of the Diamond Gem awards. Every year, the committee solicits nominations of volunteers age 75 or better who have made significant volunteer contributions to sponsoring community agencies, area schools, and churches. This year, the nominees were awesome and the committee's job was a difficult one. The winners of the 2010 Diamond Gem awards are Molly Lopez, nominated by RSVP, and Jim Lamkin, also nominated by RSVP.

Molly Lopez has volunteered with the "Remarkable Reader" program, the Community Garden, the Day of Caring, the Good Samaritan Rescue Mission, and the Bay County flu clinics.

Jim Lamkin has volunteered with the Tuesday Toolmen program, the RSVP Advisory Board, the Day of Caring, and the Bay County Senior Olympics. These are but a few of the programs that have benefitted from their generous donation of time.

Honorable mention went to Dick Arnold, nominated by Bay County Division on Aging for the many hours he donates to drive individuals to appointments and medical treatments, and to Shirley Cogan, RSVP nominee who donates many hours to the Community Garden, Division on Aging

flu clinics, special events, and other assignments made through RSVP.

Exceptional nominees include:


- Theresa Bates, nominated by Auburn Elementary School
- Jean Deary, nominated by Girl Scouts Heart of Michigan
- Cal Lehmann, nominated by Bay Area Women's Center
- Brian Macauley, nominated by Bay City State Recreation Area
- Dolores Maillette, nominated by St. Joseph Catholic Church
- Dolores Mast, nominated by Pilgrim Lutheran Church
- Eva Settle, nominated by Riverside Friendship Center, Division on Aging
- Betty Urban, nominated by MacGregor Elementary School
- Joann Yagiela, nominated by St. John the Evangelist School

Special recognition to the following nominees who are 90 years young or better:

- Marge Olson, nominated by Memorial Presbyterian Church
- Dorothy Stieve, nominated by RSVP
- Faye Thompson, nominated by First United Methodist Church (Bay City)

The winners and all nominees were honored at an April Volunteer Recognition Dinner, with tributes presented by Bay County and the City of Bay City. Congratulations to all of these special volunteers who work so hard to make our County a special place for all.

## Calendar Notes (Cont'd.)

✓**Bay Regional Medical Center** will hold Heart Health and Stroke Screening on Wed., May 19. Cost is \$10 payable at the screening. Advance registration is required by calling toll-free at 1-877-411-BRMC (2762). The screening will be held from 8:00 a.m. to noon at the BRMC West Campus, Center for Rehabilitation, 3190 East Midland Road, Bay City.  The screening includes: diabetes screening; blood pressure and pulse; full lipid profile, including total cholesterol, HDL, LDL, and triglycerides; results counseling; and risk reduction plan. A 12-hour fast is required for accurate results.

✓Bay Regional Medical Center is providing free **Skin Cancer Screening** on Friday, May 14, from 10:00 a.m. to 2:00 p.m. at Jeppesen Radiation Oncology Center, BRMC West Campus, 3180 East Midland Road, Bay City. Pre-registration is required by calling toll-free at 1-877-411-2762.

✓On Tuesday, May 11, from 1:00 p.m. to 3 p.m., **Pineview Apartments**, 854 N. Pine Road, Essexville, will host its Annual Health Fair. There is no charge and this event is open to all. For more info, call 894-0823.

✓On Saturday, May 8, from 9:00 a.m. to 1:00 p.m., Delta College will host a **Health for Life Expo** for those age 50 and older. All four hospitals in the Tri-Counties will be represented. The event is free and offers interactive demos, health screening, games, and talks with medical professionals. For more information, call 686-9325.

✓**The Historical Museum of Bay County**, 321 Washington Ave., Bay City, continues its "Second Saturday" series on May 8 from 1:00 p.m. to 2:00 p.m. with "The Wreck of the Cedarville." Lost in a foggy collision in May of 1965, the Cedarville is one of the largest intact shipwrecks in the Great Lakes. Join award-winning videographer Ric Mixer as he recounts interviews of the men who survived and shows underwater footage of the giant self-unloader as it looks today. There is no fee and refreshments will be served. For more info, call 893-5733.

✓**The Osher Lifelong Learning Institute (OLLI)** offers the following classes in May: *Michigan's Historic Highway Bridges and the Challenge to Preserve Them* May 19; *Voyageur Canoe Adventure on the Tittabawassee River* May 20; *The Magic of Leonard Bernstein and Stephen Sondheim* May 26 and June 2 & 9; *Singing for Pleasure* May 13, 20 & 27 and June 3; *Studio Lighting Workshop* May 4, 11, 18 & 25; *Getting Started on eBay* May 7; *The Self: Identity in Dystopian Film* May 10, 17 & 24; *Answers for the Aging Population: There is No Place Like Home* May 5, 12 & 19; and *The 1893 Chicago World's Fair* May 5, 12, and 26. For info on specific times, fees, and locations of classes, contact OLLI at 964-4475, or visit the website at [www.svsu.edu/cbed/olli](http://www.svsu.edu/cbed/olli).



✓**The Lincoln Road Dancers** remind adults that music for their dancing pleasure will be provided Tuesdays from 1:30 p.m. to 4:15 p.m. at Lincoln Road Hall, 79 South Lincoln Road, Bay City.



✓Calendar Notes

✓Hampton Happy Travelers is sponsoring a casino trip to Soaring Eagle Casino in Mt. Pleasant on Tuesday, May 25. The meal will be catered by Division on Aging. Reservations are required. For more information, call Don at 895-5968 Monday through Thursday from 11 a.m. to 2 p.m.

✓The fourth annual Candlelight Dinner and Dance, sponsored by the **Golden Years Club**, will be on Saturday, May 22, at 5:00 p.m. at Hampton Senior Center, 801 West Center Road, Essexville. Enjoy a delicious meal served by waiters and waitresses in a candlelight atmosphere. Enjoy relaxing music during your meal and dancing afterwards. Tickets are only \$10 per person and must be purchased in advance, no later than May 17. For tickets, contact Bev or Bob at 895-5968 Monday through Friday from 2:00 p.m. to 6:00 p.m.

✓Golden Horizons announces the scheduling of “Managing Difficult Behaviors” on Wednesday, May 12, from 9:30 a.m. to noon and again on Thursday, May 13, from 7:00 p.m. to 9:30 p.m. Understand the causes of difficult behaviors exhibited by a person with dementia or Alzheimer’s disease, such as wandering, agitation, restlessness, sundowning, wanting to go home, repeating, etc. Learn techniques to reduce and manage these behaviors. A session entitled “Coping with Caregiver Stress” will be offered on Wednesday, May 19, from 7:00 p.m. to 9:30 p.m. and again on Friday, May 21,



from 9:30 a.m. to noon. Learn to recognize signs of stress, how to manage your own feelings, and the importance of knowing the facts about dementia. A session entitled “Alzheimer’s from A to Z” will be offered on Monday, May 10, from 6:30 p.m. to 9:30 p.m., and again on Tuesday, May 18, from 9:00 a.m. to noon. This program provides an overview of Alzheimer’s and dementia, communication techniques, managing difficult behaviors, and activity ideas. There is no fee for these programs, but advance reservations are required by calling 892-6644. All classes are held at Golden Horizons, 1001 Marsac Street, Bay City, and are open to family caregivers as well as paid caregivers. Funding is provided by Region VII Area Agency on Aging and the Alzheimer’s Fund of the Bay Area Community Foundation.

✓The Bay County Alzheimer’s/Dementia Caregiver Support Group meeting will be held Tuesday, May 11, from 7:00 p.m. to 9:00 p.m. at Golden Horizons, 1001 Marsac Street, Bay City. Facilitator is Stacy McIntyre, LMSW. The group meets the second Tuesday of each month.

✓Healthy Living Series, sponsored by the Center for Rehabilitation, presents “Shedding Light on Stroke” Tues., May 11, from 6:30 p.m. to 8:00 p.m. by Jacqueline Irvine, Physical Therapist, and Beth Brewer, Occupational Therapist. Learn valuable information about stroke prevention and ways to modify risk factors. Register by calling 667-6600. There is no fee. Held at Lincoln Center, 820 S. Lincoln, Bay City.



HAMPTON EVENING DINING CENTER MENU  
Reservations must be made one day in advance.  
Meals served at 5:00 p.m.  
Milk served with all meals.



MAY 2010 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(4) SPANISH RICE (2) WHOLE KERNEL CORN (1) CARROT RAISIN SALAD (1) WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(5) SLICED TURKEY MASHED POTATOES WITH TURKEY GRAVY (1) SQUASH WHOLE WHEAT BREAD W/OLEO (1) FRUIT (2) FAT-FREE MILK (1)	(6) <u>MOTHER’S DAY LUNCH</u> BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) MULTI-GRAIN DINNER ROLL W/OLEO (2) PEACHES & CREAM CAKE (2) FAT-FREE MILK (1)	(7) COD FILET SANDWICH ON A WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) SLICED PEACHES (1) FAT-FREE MILK (1)
(10) OVEN BAKED CHICKEN RED SKIN POTATOES W/ONION (1) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(11) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(12) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) BIT-SIZE PEACHES (1) FAT-FREE MILK (1)	(13) PORK CHOP W/MUSHROOM GRAVY MASHED POTATOES (1) SPINACH WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT FAT-FREE MILK (1)	(14) BOILED DINNER (1) MULTI-GRAIN DINNER ROLL & OLEO (2) OATMEAL APPLESAUCE CAKE (3) FAT-FREE MILK (1)
(17) LUNCHEON STEAK W/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(18) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(19) HOMEMADE CHILI (2) BAKED POTATO (1) STEAMED BROCCOLI SALTINE CRACKERS (1) FRUIT (2) FAT-FREE MILK (1)	(20) SLICED HAM RED SKIN POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE FAT-FREE MILK (1)	(21) CHICKEN TARRAGON OVER BROWN RICE (1) EUROPEAN BLEND VEGETABLES TOSSED SALAD & DRESSING MULTI-GRAIN DINNER ROLL & OLEO (2) FRESH FRUIT (2) FAT-FREE MILK (1)
(24) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(25) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(26) <u>MEMORIAL DAY LUNCH</u> HOT DOG & CONEY SAUCE ON A WHOLE WHEAT BUN (1) BAKED BEANS (3) CREAMY CUCUMBERS CHERRY CRISP (3) FAT-FREE MILK (1)	(27) ROAST BEEF & AuJUS MASHED POTATOES (1) W/BEEF GRAVY GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE FAT-FREE MILK (1)	(28) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD FRESH FRUIT (2) FAT-FREE MILK (1)

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days’ notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.



**BAY COUNTY DIVISION ON AGING**  
**DINING CENTERS AND HOME DELIVERED MEALS**  
Reservations must be made one day in advance to attend any Dining Center  
Most Dining Centers scheduled to serve luncheon at noon



**DINING CENTERS ONLY**

**MAY 2010**

**BAY COUNTY DIVISION ON AGING**

**HDM/MEAL SITE MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(3) DEVEILED PORK CHOP BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(4) CHICKEN ALA KING STEAMED BROCCOLI CREAMY COLESLAW (1) BISCUIT & OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(5) MACARONI & CHEESE (3) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(6) <u>MOTHER'S DAY LUNCH</u> BEEF POT ROAST MASHED POTATOES (1) W/BEEF GRAVY WINTER BLEND VEGETABLES MULTI-GRAIN DINNER ROLL W/OLEO (1) ALMOND POPPYSEED CAKE (3) FAT-FREE MILK (1)
(10) OVEN BAKED GARLIC CHICKEN RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(11) BARBECUE PORK SANDWICH (1) ON A WHOLE WHEAT BUN (2) OVEN BROWNED POTATO (1) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(12) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL (2) CARROT CAKE (1) FAT-FREE MILK (1)	(13) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) GREEN BEANS WHOLE WHEAT BEAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(17) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(18) CHICKEN TETRAZZINI (2) STEAMED BROCCOLI CREAMY CUCUMBERS WHOLE WHEAT BREAD W/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(19) SWEET & SOUR PORK (1) OVER BROWN RICE (1) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(20) COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES (1) W/CHICKEN GRAVY GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) BLACK FOREST CAKE (3) FAT-FREE MILK (1)
(24) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(25) SLICED ROAST BEEF MASHED POTATOES W/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)	(26) <u>MEMORIAL DAY LUNCH</u> HOT DOG W/CONEY SAUCE ON A WHOLE WHEAT BUN (1) BAKED BEANS (3) CORN (1) CHERRY CRISP (3) FAT-FREE MILK (1)	(27) SLICED TURKEY MASHED POTATOES W/TURKEY GRAVY (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)

**SALAD/SANDWICH MENU FOR DINING CENTERS ONLY**

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 5-3 THRU 5-6-10) <u>GARDEN SALAD</u> COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONION, AND TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS, CROUTONS, AND MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>ROAST BEEF SANDWICH</u> SLICED ROAST BEEF PLACED ON RYE BREAD WITH SWISS CHEESE, ROMAINE LETTUCE, RED ONION, AND TOMATO SERVED WITH SAUERKRAUT, THOUSAND ISLAND DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 5-10 THRU 5-13-10) <u>SPINACH SALAD</u> FRESH SPINACH WITH BAKED CHICKEN, EGG, RED ONION, TOMATO, MANDARIN ORANGES, TOASTED ALMONDS, AND CRUSHED CROUTONS, SERVED W/BACON RANCH DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CREAMY EGG SALAD SANDWICH</u> CREAMY EGG SALAD ON WHOLE WHEAT BREAD WITH ROMAINE LETTUCE, RED ONION, SLICED TOMATO, CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 5-17 THRU 5-20-10) <u>TUNA SALAD</u> LIGHT CHUNK TUNA MIXED W/CELERY, GARDEN SEASONING, AND LITE MAYO, PLACED ON CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS SERVED W/MARZETTI RANCH DRESSING TOWNHOUSE CRACKERS DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY WRAP</u> SHAVED TURKEY BREAST WITH SWISS CHEESE PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO, SERVED WITH BUTTERMILK DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 5-24 THRU 5-27-10) <u>CHICKEN SALAD</u> CREAMY CHICKEN SALAD MADE WITH ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD W/AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND CARROTS, SERVED WITH HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK

*SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.*

CARBOHYDRATE KEY:  
12 – 23 = (1)    24 – 35 = (2)    36 – ABOVE = (3)

**FRIDAY  
RIVERSIDE  
DINING CENTER  
ONLY**

(7) PORK CHOP SUEY OVER BROWN RICE (2) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) APPLE (1) FAT-FREE MILK (1)
(14) HOMEMADE LASAGNA (3) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) HAWAIIAN FRUIT (1) FAT-FREE MILK (1)
(21) BAKED VEAL PARMESAN w/SPAGHETTI & MEAT SAUCE (1) WINTER BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) FRUIT (2) FAT-FREE MILK (1)
(28) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGETABLES MULTI-GRAIN DINNER ROLL W/OLEO (2) APPLESAUCE (1) FAT-FREE MILK (1)